

A photograph of a brown paper grocery bag overflowing with fresh produce. Visible items include several yellow bananas, bright orange lemons, a bunch of green leeks, and a large bunch of fresh green herbs. In the foreground, a white egg carton is partially visible, showing several eggs. The background is a blurred kitchen setting with white cabinets.

Food Security & Recovery



Lesson Overview

- Student will explore food waste and food recovery.
- Students will explore how food recovery can help alleviate food insecurity.

Learning Objectives

- Explain why food waste is a problem.
- Identify strategies to reduce food waste.

Essential Questions

- Why is wasting food a problem for public health and the environment?
- How can individuals and communities influence food policy?

What is Food Security?

Food security means that all people have physical, social, and economic access to sufficient, safe, and nutritious food that meets their food preferences and dietary needs for an active and healthy life.

Food security can depend on three factors:

- Does a region produce enough food for people that live in that region?
- Is the food supply stable?
- Do people have physical and economic access to food?

Group Discussion: How has food insecurity affected your community?





What is Food Security?

Community food security is “a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance, social justice, and democratic decision-making.”

Group Discussion:

1. How can we address food insecurity?
2. What actions can be taken to increase food security in your community?
3. How does food waste contribute to food insecurity?



Food Waste & How Recovering Foods Helps Alleviate Food Insecurity

- Wasted food also means wasted money, labor, and resources that go into producing food.
- Food is lost along all stages of the supply chain, from farm to plate.
 - Before and after harvest
 - During processing and packaging
 - At the retail and consumer levels
- The first step to reducing food waste is to prevent the causes of food waste.

Preventing Food Waste

- Food waste can happen at all stages along a food's life cycle.
 - Before harvest
 - After harvest
 - During processing and packaging
 - At grocery stores and restaurants
- Food stores and consumers regularly throw away food that has passed its “sell by,” “best by,” or “use by” date. Date labels are manufacturers’ recommendations for peak quality and generally have nothing to do with food safety. Often foods are perfectly edible after the expiration date





What can you
do to help food
waste at home?

Rescuing and Recovering Food Helps Alleviate Food insecurity

- Food recovery is both an environmental and a social benefit. It helps prevent food from being wasted while also providing families with nutritious and healthy foods.
- Volunteer groups, anti-hunger organizations like food banks, and organizations like MLCS, play an important role in efforts to recover and redistribute food which can help divert billions of pounds of unsold, safe, healthy food from landfills to communities that need it while also helping lessen the climate impacts.



**Small Group
Discussion:** How
does food waste
contribute to food
insecurity?

Full Group Activity:
kahoot.it



Large Group Discussion & EPA's Food Too Good To Waste Resources

The EPA created a “Food: Too Good to Waste” Guide which consists of an implementation guide and toolkits that aim to help households reduce food waste and provide resources for food management practices.



Campaign for Community Food Action

1. Choose a food system problem to address
2. A description on how the problem affects public health, society, and/or ecosystems
3. A list of factors that contribute to the problem. Choose at least one factor that the intervention will act upon
4. Design the intervention, including:
 - An achievable goal
 - Specific action steps
 - How the effects of the intervention will be measured
5. A list of allies who could help implement the intervention
6. A list of potential barriers, including groups in opposition to the intervention, and how they could be overcome





Thank You!